

**City of Long Beach Department of Parks, Recreation & Marine
Community Recreation Programs and Services**



October 2006

Houghton Park - Senior Activity Calendar



Our staff is committed to maintaining a safe and productive environment for people 50 years of age and over participating in Senior Programming.

Special Events/Services

California Homeowner and Renter Assistance for the Income Year 2005 10 am to 1 pm - Mon/Tues/Thurs currently through October 20, 2006

- **A.A.R.P Mature Driver Class**
October 25 & 27 9 am– 1 pm
- **October 26– Flu Shots 9 am– 12 pm**
Appointment Needed.
- **October 31— Senior Costume Contest after HSA lunch.**
- **October 31— Halloween Carnival With Community 5:30 to 8:30 pm**

Daily Activities

- Weight Room M-F 9-2 pm —Free
- Light Chair Aerobics M/W/F 9 am —Free
- Intro to Spanish M/W 10 am —Free
- Bingo Mon. -Free 12:30 to 1:30 pm
- 1st Wed.- Flower Arranging \$2 per person, 1 pm
- Movie—Wed & Fri 12:30 pm —Free (movies are subject change)
- Senior Strutters Walking Club Tues. & Thurs, 8:30 am —Free
- Quilting Class Tues 10 am—\$2 per person
- Computer Class Tues Beg & Inter.-\$5p/p
- Financial Services Thurs. 2nd & 4th - Free 10 am
- Bikes 90800 Thurs 1-3 pm —Free
- Knitting Class Fri. 10 am —\$2 per person
- HSA Human Services Association Senior Service Department "Where Caring Becomes Doing" Dining Mon-Fri 11:30 am (562) 428-6538.

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Long Beach, CA 90805
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Hours of Operation
Monday - Friday 9 - 2 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Spanish Class 10 -11 am	3 Beginner Computer Class 10 am-12 pm	4 Fresh Flower Arranging Class 1 pm	5 Craft Class 12 pm-2 pm	6 Knitting Class 10 am-12 pm	7
8	9 Light Chair Aerobics 9 am	10 Intermediate Computer Class Continues	11 "Failure to Launch"	12 Designer Card Making Class 12:30-2:30 pm	13 "Shadow Man"	14
15	16 Spanish Class 10 -11 am	17 Strutters Walking Club 8:30 - 9 am	18 "Doogal"	19 11:30 am Music By Rudy	20 "The New World" Scrapbook Class 12-2 pm	21 Make A Difference Day
22	23 BINGO 12:30-1:30 pm	24 Quilting Class 10 am	25 "Last Holiday" A.A.R.P. Driving Class 9 a.m. - 1 p.m.	26 Flu Shots 9 am to 12 pm Appt. Needed	27 "Flight Plan" A.A.R.P. Driving Class 9 a.m. - 1 p.m.	28 Ride The Rails "The Night Before Christmas"
29	30 Light Chair Aerobics 9 am	31 Senior Halloween Happening 9 am to 2 pm				